



Pantry Partner

C / O North Dakota Community Action Association

What about Wheat?

Wheat is the most widely distributed cereal grain in the world. Flour from wheat is the framework for almost all baked goods, as well as pasta, cereal and many other products.

Dietary Guidelines for Americans emphasize that grains - particularly whole grains - are a valued and important step toward healthy living. Federal guidelines encourage us to "get half from whole," by consuming half of our daily grain intake in the form of whole grain foods. Whole grain foods are made with flour that contains all three parts of the kernel: the bran, germ and endosperm.

Research shows whole grain foods are associated with lower rates of heart disease, diabetes, and certain cancers, and may help with better weight control. Despite these well-documented health benefits, the average American eats less than 1 ounce of whole grains per day.

Enriched grains are also an important part of a balanced diet. White flour milled from the endosperm of the wheat kernel is used to make white bread. Semolina milled from the endosperm of the durum kernel is used to make traditional pasta. In the United States, these products are almost always enriched with iron and the B-vitamins thiamin, riboflavin, niacin and folic acid. Enriched grain foods like white bread have twice the folic acid of whole wheat. Folic acid helps moms give birth to healthy babies and has also been linked with improving heart health, enhancing memory, and helping to prevent childhood leukemia.

Source: Printed with permission from www.ndwheat.com

Vol. V Issue III
August 2006

Inside this issue:

- Grant Resources
- Food Facts
- Quick Tips
- Feature Recipe
- Much more!

Did you Know?

Nationally, North Dakota farmers typically rank second only to Kansas in total wheat production and they lead the United States in the production of two wheat classes: hard red spring and durum.



North Dakota farmers grow about half of the nation's hard red spring and two-thirds of its durum. Wheat breeders are also working to develop hard white spring wheat varieties suited to production in North Dakota.

Growers will also find portals to information from North Dakota State University to assist them in improving the efficiency and value of their products by providing answers to new and existing challenges.

For more information on wheat production, ND wheat being exported and much more visit: www.ndwheat.com

Source: Permission from www.ndwheat.com

Newsletter Published by:

*The
North Dakota
Community Action
Association
3233 South
University Dr
Fargo, ND 58104-6221*

Phone:
701-232-2452
FAX
701-298-3115



Google (the Search website) spends \$37.44 Million dollars a year providing free meals to its 6,000 employees. (That's over \$6,200 per employee each year for meals).

Numerous restaurants are on its 'campus' with a total of 600 to 700 daily menu items. These are not cafeterias - they are run as restaurants, with impeccable service. Employees may also invite friends to lunch at no charge. There is virtually no limit placed on the food budget.

Chefs go through a 3 to 6 months period of interviews, cooking demonstrations and tastings before they are hired. They have some of the best chefs in California.

Employees and chefs are not the only beneficiaries of Google's spare-no-expense food program. 95% of the food served is organic, and there is a mandate to buy from local suppliers as much as possible. This has helped fuel local farm growth in the area. Google is now working with local farmers to help them plan for future growth and crop yields, etc.

Featured Recipe Taco Soup

Ingredients:

- 2 lbs. ground beef or venison
- 1 medium onion, chopped
- 2 (15.5-oz.) cans pinto, ranch-style, kidney, or bean of choice
- 2 (14.5-oz.) cans stewed tomatoes
- 1 (14.5-oz.) can diced tomatoes and green chilies, drained
- 1 pkg. taco mix
- 1 pkg. ranch dressing mix
- 1 tsp. garlic powder
- 1 (15-oz.) can whole kernel corn
- 6 c. water
- Cheese, corn chips and sour cream (optional)

Directions:

1. Brown ground beef or venison and onions; drain well.
 2. Place in large soup pot and add rest of the ingredients.
 3. Bring to a boil and reduce heat; simmer 1-1/2 hours.
- Top with cheese, chips and/or sour cream if desired. Freeze leftovers.

Makes 12 servings

Per serving: 215 calories, 22g carbohydrate, 5g fat, 4g fiber and 533mg sodium



New sticker lets you know when fruit is ripe

(Arizona Daily Star)



A University of Arizona professor has invented a sticker that can tell consumers if a fruit or vegetable is ripe.

Each year growers and grocers throw out thousands of bushels of fruit because it ripened faster than it could get to market or be sold.

With no simple way to tell whether fruit that looks good on the outside will taste good on the inside, consumers often buy peaches, pears and melons they can't eat because they're under-ripe or overripe.

With the special sticker, picking fruit is more of an art than it is a science. A marker on Riley's RediRipe stickers detects a chemical called ethylene gas, which is released by fruit or vegetables as they ripen. As that happens, the sticker turns from white to blue. The more ethylene gas the fruit produces, the darker the blue. The color shift is not instantaneous once a sticker is attached. It takes about 24 to 48 hours, depending on how fast the fruit is ripening. The stickers do not change color to reflect an overripe or rotten piece of fruit. Also, not all fruit produces enough ethylene to be detected by the sticker, said Jim McFerson, manager of the Washington Tree Fruit Research Commission, a growers' research group that helped sponsor the research.



GRANT RESOURCES

Gifts In Kind International – they receive donations from companies and then distribute them to organizations that are members. Many of the Fortune 500 Corporations are donors to this program. Deadlines are ongoing. www.giftsinkind.org

Gardener's Supply Donation Program – they will award cash or products to non-profits. Their focus is gardening, sustainable agriculture, food, environment and preventing hunger. Deadlines are ongoing, with requests reviewed quarterly. www.gardeners.com/gardening/content.asp?copy_id=5152

National Cristina Foundation – they make available used computer equipment to donate to non-profits, schools and public agencies for training opportunities for people with disabilities, students at risk and economically disadvantaged people. There is no charge other than possibly asking for organizations receiving items to cover shipping costs. They do not donate items to individuals. Deadlines are ongoing. For additional information: www.cristina.org or call 203-863-9100.

Allen Foundation – They will help schools and non-profits in nutritional education programs for children and their families. Awards can vary from \$2,000 to \$1 million. There is no deadline for proposals. Information is available on their website: www.allenfoundation.org.

Stepping Stones to Recovery is a manual for case managers assisting adults who are homeless with their SSI and SSDI applications. It features promising practices and tools to document disabilities as part of the SSI/SSDI application process and is available to download. The SOAR Technical Assistance and Training Initiative that is being implemented in 13 States and the County of Los Angeles is also featured on the site. This initiative is designed to increase access to SSA disability benefits for people who are experiencing homelessness. Join the new list serve to announce new tools and information related to expediting SSI and SSDI for people who are homeless. To join, send an e-mail to soar@prainc.com.

Medicinal Food News has two hundred plus articles on foods that promote and improve your health. www.medicinalfoodnews.com

Looking for ways to cut your budget?



One of the easiest places to start is your grocery bill. Use these tips to help cut your monthly food spending down to size.



Shop the sales and stock up on items that you use often when they are on sale.



Make a list and stick to it.



Compare unit prices and try a cheaper brand to see if you like it.



Go shopping alone and never go shopping when you are hungry.



Limit your purchase of convenience items and prepackaged foods.



Try going vegetarian a couple of nights a week. Have breakfast foods for dinner one night a week.



Check your receipt for any errors.

By planning carefully and watching for bargains, you can make a big dent in your grocery bill—leaving more money for the things you really want.

*I know the price of success:
dedication, hard work, and an
unremitting devotion to the
things you want to see happen.
-- Frank Lloyd Wright*



Quick Tips: Organizing Tip

Before the mad back-to-school rush begins, you may want to take stock of school supplies you already have. Go through the supplies left over from last year, including backpacks, lunch bags, classroom supplies, and equipment to see what can be reused. If anything needs cleaning or repairing, now is the time to do it. Then, once you receive the lists of items you need to buy, you'll already know what you have and what you still need to get, saving you money and time.



Information Request

For any additional information or to submit a news bit for the next newsletter, please complete this form and return it the address listed below.

Please send me additional information on:

- ☐ Community Action ☐ Food Gleaning
☐ Food Dialog Workshop ☐ Grant Opportunities
☐ Other: please specify ☐ Food Needs Assessment Study

- ☐ I would like to contribute a story, or news bit for the next newsletter. Please contact me.

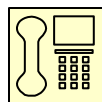
NAME _____

ADDRESS _____

Phone _____

Comments:

C/O North Dakota Community
 Action Association
 3233 South University Drive
 Fargo, ND 58104-6211



Telephone Resources Lifeline and Link-Up

Lifeline

Lifeline is a government program that offers qualified people a discount on their monthly local telephone bill. Each state has its own guidelines to qualify.

How much can you save on my phone bill?

You will save up to \$10.00. These benefits apply to your local telephone service charges that you purchase as a flat rate service. These benefits will also cover your subscriber line charge.

How do I know if you are eligible?

You're eligible for Lifeline if you participate in any of the following programs: Low Income Home Energy Assistance Program (LIHEAP), Medicaid, Temporary Assistance for Needy Families (TANF), Food Stamps, Federal Public Housing Assistance (Section 8), Temporary Assistance Program, Head Start Programs, National School Lunch Program (Free Lunch Program)

Restrictions

Lifeline can only be used for the main telephone line in a household. Lifeline customers may purchase all services offered to non-Lifeline customers.

How to apply

Applications are available at your local Department of Social Services. You will be asked to provide proof of your eligibility by providing a copy of a document that verifies that you participate in any of the programs mentioned above and a signed self-certification form. Your Lifeline benefits will take effect when proof of eligibility is received.

Lifeline eligibility

Eligibility is reviewed periodically. Your benefits will be discontinued when you no longer meet eligibility requirements or when proof of eligibility is not received.

Other information

There are other options that can help you save money, including a voluntary limit on long distance calling (toll control), free toll blocking and waived deposit with toll blocking.

Link-Up

Link-Up helps households pay the installation charge for telephone service. This program pays some of the cost of installing local service in your home, but Link-Up does not cover the cost of wiring inside your home.

How much will you save by using Link-Up?

Link-Up will pay 50% of your installation charges.

How do I know if I am eligible?

If you qualify for Lifeline, you also qualify for Link-Up.

Does Link-Up have any restrictions?

You must provide proof of eligibility before services is activated in order to receive Link-Up benefit.

How do to I apply for Link-Up?

To apply for Link-Up you will follow the same application process as Lifeline and the same proof of eligibility as Lifeline.

Government Adds Fruits, Veggies to WIC List

The grocery shopping list for the far-reaching Women, Infants and Children program is getting its first significant update since the 1970s. Fruits, vegetables and whole grains are being added to the program, which helps feed more than half the babies born in the U.S. To cover the cost, WIC will pay for less of the juice, eggs, cheese and milk that have been staples of the program.

The revisions follow the advice of the federally chartered Institute of Medicine, which said the WIC program needs to reflect changes in science and society since it was created three decades ago. Adding fruits, vegetables and whole grain products follows changes last year to the government's dietary guidelines. 'The WIC food package has not been revised or updated since 1980,' said Kate Coler, the Agriculture Department deputy under-secretary who oversees the program. 'We thought it was a prudent time to have a scientific review of the package.'

Under the WIC program, people receive vouchers or food checks that can be redeemed at stores for infant formula and specific foods worth about \$35 a month, depending on who is receiving the food. People can be at or slightly above the federal poverty level, depending on the state. A family of four with income averaging \$37,000 would qualify.

Under the proposed changes

- The amount of juice would be cut from up to 9 ounces daily to 4 ounces for children ages 1 through 5.
- Milk would be cut from up to 3 cups daily to 2 cups for children 1 through 5. New substitutions would allow soy milk and tofu for people who have milk allergies or trouble digesting lactose.
- Whole grain bread would be added to the list. Substitutions such as corn tortillas and brown rice would be allowed to reflect the cultural diversity of those served by WIC.
- WIC encourages mothers to breast-feed their babies by offering more foods, particularly for women whose children aren't getting formula through the program. Those women currently can get one vegetable, carrots, as well as canned tuna.
- The new list would increase the amount of canned fish to 30 ounces and add canned salmon as an option.



The expanded food list was outlined Friday in a proposed change to the WIC program. The Agriculture Department will accept comments from the public over the next three months. Final approval is expected next year.

[The Associated Press](#)
By LIBBY QUAID
August 04, 2006

Quick Tips: Money Tip

Saving money may be as simple as changing your mindset. Let's face it, saving money takes time and energy. But if you truly have a goal of getting out of debt, a change in your attitude can go further than any other change in your lifestyle. The choice to live cheaply, forgo luxury items, make your own food from scratch, and buy second-hand can be life changing and will definitely impact your finances in a positive way.



Quick Tips: Home Tip

If you have an air conditioner for your home, you know how your energy costs can rise in the summer. One simple step to increase the efficiency of your AC unit is to pay attention to its placement. Make sure that your air conditioning unit is located in a shady area outside of your home. If it is not, you may want to consider moving it, or planting shade trees nearby. It also needs room surrounding it to dispose of the heated air. Shrubs planted too close to your unit can interfere




with this, and should be trimmed to allow for more space.

Quick Tips: Healthy Living Tip

Eating healthy doesn't necessarily mean making every single bite of food "perfect." You have the ability to balance out more healthy choices with those times when you eat less than healthy foods. If you are eating a high-fat food at a meal, balance it with other lower-fat foods. If you have a day where you miss foods from a healthy group, make sure the next day is full of good choices. Over several days, your diet should reflect a healthy pattern of eating, even with a few splurges now and then.





Pantry Partner Newsletter

C/O North Dakota Community Action Association
3233 South University Drive
Fargo, ND 58104-6211

WE'RE ON THE WEB!
WWW.NDCAA.ORG

This newsletter was made possible with a *Community Food & Nutrition Grant* from the *ND Dept of Commerce Division of Community Services*.